IT IS MY PLEASURE TO SERVE YOU

By Elizabeth Sharp  
SHAPE Colorado President

In early April, I had the pleasure of attending SHAPE America in Minneapolis on behalf of you, Colorado teachers. I attended meetings, sessions, and had many one-on-one conversations throughout the convention. I filled my notebook with notes, I filled my brain with new ideas, and I filled my heart with a renewed passion to serve you. It is my pleasure to serve you, SHAPE Colorado members, and I wanted to take this opportunity to tell you some of the things that we have been working on.

New Opportunities for Members: The SHAPE Colorado Board is always working on new ways to serve you and help you be incredible leaders in our field. Lynn Burrows brought us two great ideas that she had heard about in another state. We have created the 50 Million Strong School Promotional Award (award link) as a way to highlight schools and see Pleasure on page 12. We have also created the SHAPE Colorado Lobby Day, an opportunity for you to come to the state capitol to advocate for physical education.

FALL CONVENTION 2016

By Renee DeBell  
Convention Manager

It’s never too early to start planning for fall! Convention 2016 promises to be an exciting one. Pre-Convention workshops are taking shape and will include Fencing (for more information on our fencing partner, please visit Front Range Fencing Club, Dance, Adapted Physical Education with a focus on Autism and technology as well as sessions for future professionals and teaching health in physical education. Don’t miss out on these incredible workshops and plan to attend Pre Convention on Thursday October 20, 2016!

Session proposals are being accepted until May 5 – take advantage of this opportunity to share your knowledge with your colleagues, explore something that ignites you and help shape future generations of educators – session proposals can be submitted here.

Pre-Convention workshops and general convention will be held at the Hotel Elegante in Colorado Springs from Thursday October 20 – Saturday October 22. The SHAPE Colorado website will be updated with additional convention details throughout the summer. This is your one stop resource for session proposals, guestroom reservations, awards nominations and exhibitor info. Enjoy your summer and we look forward to seeing you at the 2016 SHAPE Colorado Convention!
Dear Colleagues and Friends,

As of mid July, I will be stepping down as executive director of SHAPE Colorado. I would like to thank all of the wonderful people I have had the privilege to work with over the last few years, as I have been touched by your passion, dedication and friendship. Year after year I have watched board members of SHAPE Colorado give selflessly of their time and expertise with one goal in mind, to elevate our profession to the highest level. And the same holds true for the professionals and students I have come in contact with…. their goal of making the profession and themselves the best of the best in health and physical education is extraordinary.

SHAPE Colorado is a strong organization that will continue to grow in advocacy and professional development. The leadership on the board is forward thinking and ready to take the state by storm. I know under new leadership SHAPE Colorado will flourish.

The hardest part of leaving this organization is that I won’t see my friends as often as I have. You have made me who I am today by believing in me, supporting me, and laughing with me. Thank you, thank you.

I will still be around, so please reach out to me at: capepatti@msn.com.

Patricia Morrison

SHAPE Colorado is searching for a new Executive Director

Purpose: The Executive Director will recruit, retain, and help motivate the board. They will increase philanthropic support, build external visibility, and maintain and explore strategic partnerships and collaborations with like-minded organizations. They will ensure the successful daily operation of SHAPE Colorado and maintain consistency and continuity within the organization.

Responsibilities: Responsibilities include but are not limited to the day-to-day operation of SHAPE Colorado, including financial management, management of the membership database, coordination of state, district, and national awards, liaison to SHAPE America, SHAPE America - Central District, American Heart Association, and advisor to SHAPE Colorado leadership, including the executive board.

The full position announcement can be viewed on the website: www.shapeco.org

Questions about the position can be directed to Elizabeth Sharp: esharp@coloradomesa.edu

Review of applications will begin on May 16.
Disc Bocce Ball Lesson Plan

By John Miller
SHAPE Colorado Board Member

As weather has warmed up more can be done outside. Your students will have fun playing this game, working together to learn skills and meet standards! This game is an alternative to disc golf and helps students learn the fundamentals of disc golf with less equipment. The game can be easily adaptable for different skill levels and abilities. It can also be a game students can play at home with friends over the summer!

Equipment needed: 6-8 discs, enough for each player + 1

Players: groups 2-6

How to play: The game is a combination of Bocce ball, disc golf, and horseshoes. The players decide who throws the target disc (pallino in bocce ball). The target disc is thrown in any direction or distance. Each player then throws their disc to try to land as close to or on the target disc. All players throw from the same distance to the target. The player closest to the target disc throws it on the next turn. The game continues for 9 rounds.

Scoring: 1 point for the closest disc, 2 points

Modifications: Players can play similar to disc golf. The target is still determined by throwing the target disc. Players then count the number of strokes (throws) it takes to reach the target. Scoring is done like disc golf and each round is par 3. The player throwing the target disc can try to make it more difficult by throwing near obstacles (trees, sand, etc.).

Team play: Players can divide into teams and combine scores. Players can throw more than one disc like in Bocce ball and try to move the other team’s discs away from the target.

Different targets. A hula-hoop can be used as a target instead of a disc. A player can determine the target by placing the hoop where they want and set a throwing line for each player to throw from.

Different equipment. The game can be played with soccer balls or in the gym with hockey pucks. Students can use different means and equipment to try and reach the target.

End of the Year

By Debbie Luithly
Physical Education Teacher

The end of the year is fast approaching and as you know it can be filled with stress and can be overwhelming. You may have a field day to plan and prepare for, may have to finish post fitness testing, prepare assessments for upcoming units, all those after school activities, teach, and many other duties required by your school. There seems to be so many things to do and not enough time to do them. If we don’t manage our stress, our students will sense it and act out.

Make time to laugh. Laughter relaxes the whole body. It relieves tension and stress. It can leave your muscles relaxed for up to 45 minutes and it boosts your immune system. Find something that makes you laugh out loud.

We all know that getting exercise makes us feel better, but we tend to put it on the back burner when we are busy. Exercise helps us blow off steam and as a result, depletes stress hormones and enhances our endorphins. Try to get an aerobic workout at least three times during the week. On the other days of the week, try to do something light such as a short hike or strength training.

Make time for your family, friends, and pets. Spending time with those that we love will help to keep us grounded and in the moment. Pets can help lower blood pressure, reduce stress, and boost the feel-good chemicals in our brain.

Get the right amount of sleep. It is so important to get adequate sleep. It helps us be more patient and less agitated. Individuals that are sleep deprived can experience high levels of stress. Try to get at least 7 to 9 hours each night.

Make a list of things that you enjoy doing that are good for you. Arrange to do one each day. Keep a smile on your face and remember why you became a physical education teacher.
and planning how I would demonstrate began by studying the teaching standards started National Board Certification. As I always have room for improvement? realization that I will never “arrive” and will bubble? What brought me to my current doing an outstanding job. What burst my these factors led me to the illusion I was right on top of the teaching game, perhaps even on my way discipline issues, and when they joined other elementary school education, I had very few liked me, they loved physical themselves against outdated benchmark I was measuring myself against was outdated and missing major components. My students teaching program I began writing a blog. Writing a blog forces me to reflect on my day-to-day practices. As I teach I often ask myself, “Is this something I could share on my blog?” “Does this teaching practice reflect the teacher I really want to be?” “Is this lesson one I would be proud to share with members of SHAPE Colorado?” “If this lesson were to be reviewed, would I feel good about my colleagues reviewing it?”

This reflection has had a profound effect on my teaching. When I don’t feel good about a lesson or a practice I modify and revise until I can answer yes to these criteria questions. Additional ah-ha moments continue to come since joining the physical education social media community. I’ve come to know many physical education teachers who are extremely driven and passionate about improving their craft. These professionals stretch my thinking in a wide variety of topics and collaborating with these teachers through social media sites such as Twitter and Voxer have enriched my teaching. You’ve probably heard people rave on about how they have improved their teaching one hundred fold since joining either Twitter or Voxer. One reason being we are no longer dependent on our school districts or local organizations for providing quality professional development. In addition there are many, probably hundreds, exceptional physical education blogs, websites, podcasts and webinars all easily accessible.

Being connected through social media has facilitated my becoming part of an open generous professional learning community. This community is made up of teachers who each bring their own strengths and expertise. When one teacher shares an activity or questions a widely accepted practice, I then examine my own beliefs surrounding what was shared. This continual feed of new and challenging information strengthens and bends my own teaching beliefs, adds to my teaching tool belt, and brings new ideas and activities to my day-to-day practice.

I have also realized that even though I strive to continuously improve, I will never “arrive.” There will be lessons that are stellar, making me stand back in amazement, but there will also be lessons where I am questioning how I missed the mark. There will be units that gel together where students astound me with their learning, and there will be units where I run out of time, or I take too much time and students’ interests wane. Although the successes greatly outweigh the failures, teaching is messy. As my students are learning I am also learning how to best meet their individual and corporate needs. So when I ask, “what would the perfect teacher do?” and picture the many teachers who make up this superhero, even the face of this fictional character changes to best match the circumstances.

For me, the never ending contemplation of how to improve, reach students more effectively, address the grade level outcomes more powerfully, keeps my brain churning. I am grateful to all the generous physical educators who in addition to teaching daily, serve on their state and national boards, build websites, write articles, conduct interviews, create physical education apps, conduct webinars, for the improvement of our profession. In addition those who share ideas, concepts, materials with the generous goal of improving the physical education experience for all students. You are truly the superheroes!
SHAPE Colorado Lobby Day

On Tuesday April 19th, 2016, nine members and board members of SHAPE Colorado converged on the capitol in Denver. The purpose of this day was to educated state officials on new Federal Legislation, the Every Student Succeeds Act (ESSA). Those nine were: Mike Meyer, Chris Watts, Patricia Morrison, Emily Graves, Shannon Loveridge, Mackenzie Mushel-Ellis, John Miller, Kyra Ruscio, and Nick Spencer. All nine were wearing tennis shoes with their business attire to make a bright impact on Physical Education.

In ESSAs verbiage it uses the term “whole child education” and this now includes Physical Education. ESSA will now provide money to all 17 content areas, which includes Physical Education. With this taking affect there will no longer be PEP Grant money available. This makes it essential for all Physical Educators across the state to make their voices heard. There are many ways you can approach this, ask for sit downs with your superintendents, speak with your local legislators, and speak with your local school boards.

SHAPE Colorado will be posting resources on its advocacy page soon. Look here to aid with the necessary conversations that must be had.
ESSA Funding is a Necessity

By Clayton Ellis
Middle School Health Education Teacher

Does Colorado REALLY want to be considered the healthiest state? #ESSA funding will be a necessity.

On behalf of the Society of Health and Physical Educators (SHAPE America), I had the opportunity to represent Colorado and join over 200 health and physical education teachers from 45 other states on Capitol Hill in Washington, DC to discuss the newly passed Every Student Succeeds Act (ESSA) with our state’s legislators. With the passage of ESSA, in order for Colorado to be competitive nationally, it is vital that the Governor, the State Legislature, the State School Board, and all 178 district school boards, begin discussions with educational organizations to develop an implementation plan for setting educational priorities in order to provide the best well-rounded education possible for our students.

After the passage of No Child Left Behind (NCLB) 15 years ago, we witnessed two alarming and most likely related trends. Health and physical education were too often considered ancillary subjects and therefore the first to be cut in state education budget shortfalls. The state of Colorado currently does not require any health or physical education to graduate and school district requirements vary from 0-3 credits. In addition, child obesity rates reached epidemic proportions, with one in three children ages 10-17 either overweight or obese. This rise in the rate of childhood obesity in our nation contributes to an estimated $270 billion per year in healthcare costs. According to the Centers for Disease Control, Colorado’s childhood obesity rate is increasing at the second fastest rate in the country (23.1%).

SHAPE America, along with a coalition of over 100 like-minded organizations, fought for seven years to have health and physical education recognized as critical components of a student’s education. I am thrilled that Congress elevated both health and physical education in ESSA by including them as part of a student’s well-rounded education. This is an important designation for these two subjects that were left out of NCLB. ESSA defines 17 subject content areas that should be included in a well-rounded educational system. ESSA also discourages students from being pulled out of subjects like health and physical education to meet their remedial instructional needs in “common core” content areas or being substituted by extracurricular activities like athletics, or marching band that do not teach to the state standards. These practices have occurred way too often under NCLB.

As part of a well-rounded education, health and physical education programs can now be supported by funding allocated to states for Title I, Title II, and Title IV - Student Support and Academic Enrichment Block Grants and the 21st Century Community Learning Center program. The Carol M. White Physical Education Program (PEP) grant program, previously the only federal grant program designated for health and physical education, was eliminated with the passage of ESSA. It amounted to approximately 0.002% of the total educational budget and less than 10% of the school districts that applied received funding. From 2001-2015, out of all 178 Colorado school districts the state has only received 16 PEP grants totaling only $5,416,330.

Students spend seven hours a day in school, so this is obviously the best place for us to make a difference in their health and wellness. Research has shown that participating in physical activity and physical education improves student attendance, test scores, participation and enthusiasm for other academic subjects, motivation to learn, and reduces discipline referrals. Evidence also shows that effective school health education reduces student participation in behaviors such as smoking, heavy drinking, school misbehavior, and violence. Educators who specialize in health and physical education deliver instruction that meets our existing state and professional standards, focuses on a specific course of study and incorporates student assessments and measureable outcomes. Health and physical education programs provide students with a foundation for a lifetime of health, wellness, and character development.

Now that health and physical education have been prioritized in ESSA as part of a student’s well-rounded education and are allowable uses of federal education funding, my health and physical education colleagues and I along with SHAPE Colorado (SHAPE America’s state affiliate) stand ready to provide the state with any resources they may need concerning health and physical education and look forward to working with them on behalf of Colorado’s children.
I always love going to conventions! This year I had the pleasure of bringing 16 wide-eyed students from CSU-Pueblo. They are more energized and committed to the profession than ever before.

~ Karen Marley

I love going to conventions to meet new people and catch up with the old. The renewed energy I come back with is amazing, and gets me through the rest of the school year.

~ Chris Watts

The opportunities that come up for networking are incredible! I love meeting new people and hearing what is going on in their schools/districts/states and I love catching up with old friends and colleagues who contribute to my renewed passion and enthusiasm when I return!

~ Shannon Loveridge

Every time I come back from a convention, I am even more confident in my career choice of teaching kids how to stay active and healthy. I really felt like I learned something new and got a new ideas in every session that I went to in Minneapolis.

~ Megan Lancaster-Cavallo

I always enjoy the opportunity to be surrounded by positive and enthusiastic professionals at SHAPE America Convention. This year in particular with the recent news surrounding ESSA there was an overwhelming sense of excitement for health and physical education.

~ Terry Jones
Day in and day out, people are faced with downers. It is not hard to feel less happy, less motivated, and less involved in the last 6 weeks of school. They are tough times for us all and most the time many feel like throwing lesson plans out the window and just winging it while hoping that time would go faster. As the end of the year approached for me I decided to run a little experiment on my unknowing 8th grade students and myself. It quickly came to my attention that I could not change my student’s attitudes by telling them to try harder, but rather I needed to show them by changing my attitude. So, I came up with these questions in hopes to get some answers.

Does a positive attitude affect my student’s attitude?
Do positive changes in attitude create better communication and trust?
Will students support each other when involved in an activity?

In my search for answers I simply changed my attitude using the following tips from Geoffrey James in his article 8 Ways to Improve your Attitude (2013). Although I did not use all his suggestions, I did use four of them religiously. Starting with “forgive the limitations of others” which I interpreted as forgiving those who do not share the same passion I do. Although I may love cardiovascular endurance, it doesn’t mean everyone else does. As a result, I begin to give students options of physical activity instead of one set class theme. For example, students could play in the game of soccer or walk laps around the track. All of which were physically active and in an area that I could manage. Tip number two was to “not take myself so seriously.” It is my job to create an environment that is physically and as well as socially safe. I have never had a problem laughing at myself, so I began to do more silly things or less coordinated actions in hopes that my students who felt insecure could see that is was okay to be bad at something. “Say thank you more often” seemed like such an easy one but turned out to be harder than I realized. I began to ask students to do things for me so I could thank them. I even started thanking kids for coming to class, for dressing out, for listening when they were supposed to and for their input. However, the one that was the hardest of all the tips I used was “seek out those who share your positive attitude”. Your brain automatically imitates those around you according to James (2013). This proved to be the hardest because there are so many negative things in the world and so many negative people. I began surrounding myself with staff members that made me laugh and slowly realized that they made themselves positive every morning by laughing a little, together. So, every morning I would join in their laughter and then hold on to that attitude as I approached my students.

Well, through visual observation, the results are in and although this was not a properly performed scientific experiment I did notice changes in my 8th graders. They are more supportive of each other now, they smile more, and they tell me about their days and lives. They cheer each other on through every mistake and laugh a little more at their own. What was once a dreaded class to teach has now become what I look forward to at the end of the day. I was able to get to listen and get to know more about my student’s lives. One student tells me about her horses, while another asks me advice about her boy problems, and the most negative student in the class is now positive. They help each other learn now. They are responsible, respectful, self-sufficient creative thinkers who often make me feel like I don’t even need to manage them. They manage themselves and hold each other accountable while creating a positive and safe learning environment. So as you approach the end of this school year, remember that you, just like everyone else, is unique and the best method for changing the atmosphere of a class is changing your attitude yourself.

Living in the beautiful state of Colorado presents us and our students with an abundance of resources to explore a variety of activity in the outdoors. With summer right around the corner, inspire your students with a long list of ideas, tools and knowledge to explore these opportunities by incorporating an outdoor education unit. Nguyen (2015) has provided and outlined a sample outdoor education unit that can be modified for all grade levels and that can be implemented without ever leaving your school grounds! (35-40).

It is seemingly common for physical education professionals to get stuck in their comfort zones with units, sticking to their favorite team and individual/dual sports, but I think that it is important to incorporate a variety of activity units to reach those students that are less inclined to join and participate in athletics. Outdoor education is, in my opinion, a terrific way to reach these students. According to a study by Tammelin, Nayha, Hills, and Jarvelin, “...participation in cross-country skiing, running and orienteering provided the greatest carry over of some endurance sport to adulthood.” (Abstract). After all, isn’t our main goal to get as many students as possible active into adulthood? If these types of activities are providing the greatest carry over, I think they should absolutely be implemented in our physical education programs.

Colorado has the resources; let us bring them to light for our students. I think that incorporating an outdoor education unit at the end of the year sets students up for a summer full of safe, knowledgeable, active opportunities out and about in our beautiful state. With the drastic weather changes this time of year, we can build shelters on campus one day and learn all about snowshoeing the next!

Sources

Some of my favorite activities suggested by Nguyen provide genuine teaching moments in all three domains of learning. For instance, participating in an Adventure Race allows students to engage in physical activity, gain knowledge on desired content set by you, work together toward group success, and demonstrate proper regard to safety. Not only does this easily meet all three learning domains, but it is also directly reflective of teaching to our CDE Academic Standards!
Thank you for another great year!
As we draw near to an end of another great year, I would like to thank all of the teachers, coordinators, and volunteers in supporting the American Heart Association! Amazing things can happen when we all work together for such a great cause. We have raised $1,956,245.36 in Colorado this year to date, and we still have schools kicking off, and sending in donations! Your hard work undoubtedly makes a huge impact on your students’ lives as well as your school community. By teaching your students about the healthy heart habits, interrelationships of the heart, lungs, and smoking, as well as excessive junk food consumption, you may be saving their lives or even a family member’s life. I can’t tell you how often parents come up to me and tell me how their son or daughter had lectured them about not smoking, or eating right and exercise, and how teaching this curriculum to their child has positively affected their whole family.

Just a reminder that US Games gift vouchers are provided to schools that complete a Jump Rope For Heart (JRFH) or Hoops For Heart (HFH) event. Schools can utilize these vouchers to help offset declining school budgets in physical education and before-and-after school programs. The certificates ensure that schools can have adequate supplies of core PE items such as playground balls, foam balls, jump ropes, scooters, etc. Every item in the US Games catalog and website are eligible to be redeemed with JRFH & HFH certificates- it’s all possible by doing an AHA event, your community service pays back in so many ways!

Many States allow PE substitutes or for students to opt out altogether
By American Heart Association News
Although most states in the country require schools to teach physical education, very few set a minimum time requirement and many allow students to either substitute other activities for PE classes or opt out altogether, according to a new report that examined physical education policies and practices in every state.
The 2016 Shape of the Nation report also found that many states allow physical activity to be withheld from students or used as a form of punishment against them.
“There is a large disparity in state requirements and implementation, affecting children’s ability to engage in and benefit from these programs,” according to the report, released by SHAPE America – Society of Health and Physical Educators, and Voices for Healthy Kids, an initiative of the American Heart Association and Robert Wood Johnson Foundation.
The findings raised concern from health advocates who noted steady declines in physical activity among youth over the years as obesity, heart disease, diabetes and other health problems increased.
“It’s problematic because school is, at least for a good part of the year, a great place for kids to get physical activity in a safe and organized way,” said Steve Daniels, M.D., chairman of the pediatrics department at the University of Colorado School of Medicine.
The 2016 Shape of the Nation report see Shape of the Nation on page 12.
**Jump Rope for Heart from around the State!**

**Awesome first year volunteers from Northglenn Middle!**

**All the students from Lincoln Elementary (Canon City CO) who raised $50+ celebrated their JRFH success!**

**Woodglen Elementary JRFH Celebration! The top donor got to pie Superintendent Gdowski in the face! Shout out to Coordinator Shannon Loveridge for another great year.**

**New Coordinator Brooke Elder (Dolores Elementary, Dolores CO) more than doubled last year’s fundraising from $2,600 to over $6,100! She rewarded her students by spending the day dressed up!**

**This NC was coordinated by the school’s wellness champions. They surpassed their goal of $800, raising over $3000! As a result, the principal and another teacher sumo wrestled at their event celebration!**

**Fox Ridge Middle students (L to R) Jordan, Kiana, Tyler, and Blake - competed as a team in a Volleyball for Heart Tournament!**
give $1000 in equipment from our sponsor, Sportime. We will also be unveiling the SHAPE Colorado Physical Education Student Ambassador award in August. This will be a way to recognize outstanding Physical Education students who participate in your programs. We continue to offer the 5280 grants as a way for you to receive money for professional development and equipment.

Bylaw updates: We have been working on making some changes to the bylaws and governing documents. This is not the most exciting work that we do, but it is important to the structure of our organization and to make sure that we are transparent in all that we do.

Executive Director Search: Recently Patricia Morrison, SHAPE Colorado Executive Director for 7 years, resigned from her position. Since then, we have been working hard to search for a new Executive Director that will continue to move our organization forward. Applications will begin to be considered on May 16.

Advocating for physical education: We sent seven board members to Washington D.C. in March to advocate for Health and Physical Education on Capitol Hill at the annual SHAPE America Speak Out Day. We also hosted a successful SHAPE Colorado Lobby Day where we were able to talk to Representatives and Senators on the Education Committees about the funding changes with ESSA. We have worked hard to stay up-to-date with ESSA and give you the best information possible.

Website redesign: Our website is one of the main ways that we share information with you and we wanted to give it a new look. Many people worked hard to create a site where you can easily find the information that you need. We hope that you will take a look at the changes and let us know what you think: www.shapeco.org

Survey of members: We recently sent out a survey to our membership to see how to better serve you. We learned a lot of great things such as 46% of our membership have been teaching 13 or more years and that 59% prefer to have monthly communication from SHAPE Colorado. We are making decisions based on this survey data. We would love to have more responses, so please take 10 minutes to fill out the survey.

Convention Planning: Our next convention will be October 20-22 in Colorado Springs. We are working year-round to plan a great convention for you. We have already planned the pre-con sessions and are working on planning the rest of the convention program. We would love to have you present your ideas as well. We will have SHAPE America President Jackie Lund as one of our special guests. She was SHAPE Colorado president 20 years ago before moving into national leadership.

As, you can see, we work hard all year to serve you. It is always my pleasure to represent you and all of the SHAPE Colorado members. Please feel free to contact me at any time: esharp@coloradomesa.edu
Would you like to submit an article, lesson plan or story to the next issue of the SHAPE CO Newsletter? The submission deadline for the next issue will be August 15th.

The SHAPE CO Newsletter will be published four times per year. We would like to invite and encourage all of our members to submit contributions for other professionals to view. Articles may be research based (please use proper citations), be program success stories, or be lesson plans that you would like to share with your colleagues. Action pictures or diagrams that go along with your article are always appreciated. All articles will be reviewed by a panel of editors. **Authors should indicate in their cover letter if they want the manuscript refereed (blind review) rather than editor-reviewed.**

Average word count for an article is between 300-400 words, not to exceed 1000 words. If you have a longer article it may be divided up in parts between issues. Submit a head shot with your submissions with correct spelling of your name so that we can recognize you for your contribution. Please submit online at [http://www.shapeco.org/journal-archives.html](http://www.shapeco.org/journal-archives.html)

Email any questions to Aaron Ford at shapecolorado.news@gmail.com